NOVEMBER 17, 2008 VOLUME 103, NUMBER 9

WARTBURG TRUMPET

WEATHER

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35	44	34	39	43	41	38
27	25	22	27	27	29	26

PUB. NO. 666-740 100 WARTBURG BLVD., WAVERLY, IA 50677

Alert system to be tested

DUANE TRIMBLE *KWAR RADIO*

The newest addition to Wartburg's Emergency Response plan, Wartburg Alert, will be tested between break and finals.

Director of Campus Security and Safety John Myers said a date is yet to be determined, but will be between Dec. 1 and 10.

"We will make advanced notification of the day and approximate time we will do the test so we don't disturb anybody," he said.

The test provides benefits, like allowing recipients to know what to expect in an actual emergency. Myers said it will also give security a chance to practice with the system. The December messages are also an opportunity to check contact information for accuracy.

"Using feedback on how many phones and e-mail addresses were connected and how many were tried and refused, we will go and look at those. It may be they transposed a number on the e-mail or phone number or misspelled an e-mail address," Myers said.

Myers said there could be a second test message once the feedback is analyzed and any updates are made. From then on, security plans to test Wartburg Alert once per term.

Myers said messages can be sent to phones and e-mails in both text and voice format.

"We will not use it for any frivolous situations. We want students and everybody on the list, when they see subject Wartburg Alert, to know it is something serious," Myers said.

He also said the system could be used to provide warning of select weather events, like tornado warnings.

Wartburg Alert is maintained by BlackBoard, a Washington D.C.-based company. Wartburg shares information from an online database with the company, which updates their list everyday to be sure messages will reach current phone numbers and e-mail addresses.

Campus e-mails and numbers are already part of a standard contact list, complied for security by ITS earlier this year. Myers said parents and guardians are left off the list for two reasons.

"The purpose of the alert system is to let people on campus know there is a dangerous situation and either to stay away from a certain section of campus, to evacuate campus or not to come to campus. We do not add parents and anybody outside the campus because they are not normally living in a residence hall or going to a class," Myers said.

Myers said too many numbers could clog up the system with a bunch of unnecessary information.

However, Myers said, family numbers can be added to the database. To update your contact information, log on to info.wartburg.edu and click on the login link in the upper right-hand corner.

Contact Duane Trimble at
Duane.Trimble@wartburg.edu

Student recovering from viral meningitis

BRITTANY FEAGANS *PHOTO EDITOR*

Kayosha Guyer has been released from the University of Iowa Hospital after a week of treatment for viral meningitis. Guyer returned home Nov. 7 to begin the recovery process, which could last from two weeks to six months.

Guyer wants students to know they are not at risk for infection.

"I think people have been worried on the campus that it's going to start an epidemic. People need to understand that it's just viral. The only way to catch viral meningitis is if you share bodily fluids with someone that's infected," Guyer said. "Bacterial meningitis is a lot easier to catch and a lot more severe."

Guyer has no idea how she contracted the disease.

According to Student Life, no alert was sent out to the campus because it was not highly contagious.

"Although this is very serious for the student, it does not pose a health risk for the rest of campus," Vice President for Student Life and Dean of Students Deb Loers said.

Guyer said her diagnosis was frustrating.

"I had a really bad headache and my neck hurt so bad that I couldn't even shake my head. I knew something wasn't right," Guyer said.

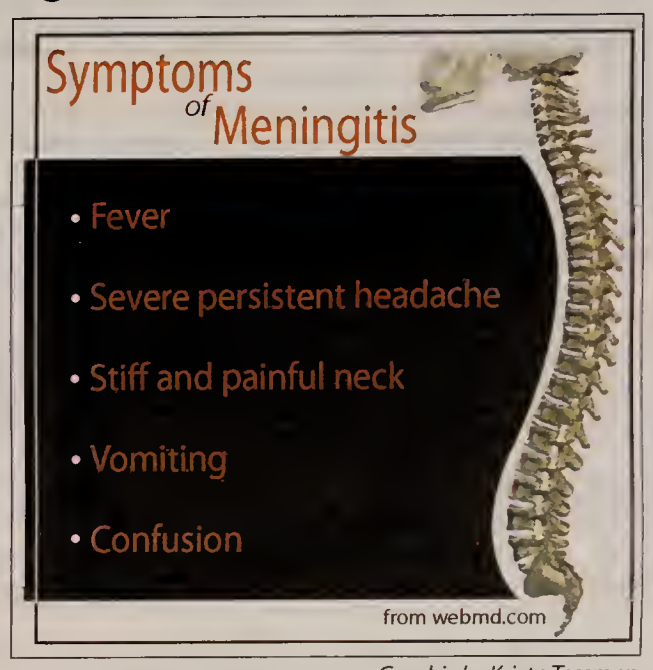
Guyer went to the Rohlf Memorial Clinic, where the doctor told her she had a cold and should go home and rest.

"I didn't think he was right, so I went for a second opinion. The second doctor took one look at me and said I think you have meningitis. You need to go to the emergency room," Guyer said.

A spinal tap showed she had meningitis. She was sent by ambulance to Iowa City to make sure she did not have the bacterial form of the disease.

Meningitis is an infection of the spinal fluid that comes in two forms, viral or bacterial.

Noah Campus Health Clinic RN Teresa Gilley said meningitis can progress between hours or days. Viral meningitis is not as severe as bacterial meningitis and symptoms are more likely to resolve on their own, she said.



Graphic by Krista Tessman

Symptoms of meningitis include a high fever, neck pain, confusion and "the worst headache of your life," Gilley said.

"Meningitis is a very serious matter. It's not anything to play around with. I think people have to be aware of their own bodies. If you think there's something wrong with you, there probably is," Guyer said.

"I think what saved me was going and getting a second opinion. If I would have listened to the first doctor, it would have been a lot worse."

Guyer said she probably won't be back on campus anytime soon.

"Meningitis deals a lot with the brain and because of it I am very sensitive to light, motion and thinking. The more stimuli I have, the harder it will be for me to get better," Guyer said.

Contact Brittany Feagans at
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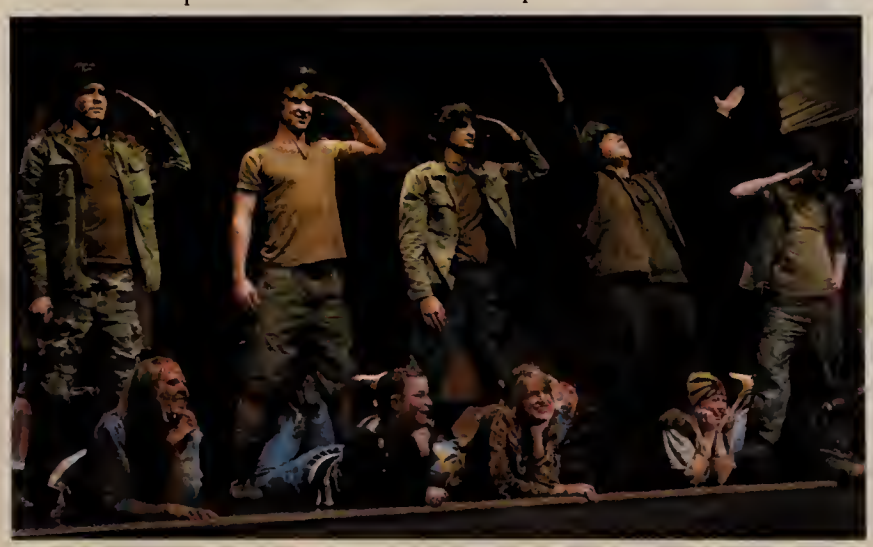
Wartburg Players perform rock musical about Vietnam War era

ELLEN KURT *ASSISTANT NEWS EDITOR*

Anti-war chants filled the Lyceum as Wartburg Players took the audience back to the '60s during their performance of "Viet Rock" this past weekend.

The performance displayed a collection of different skits.

"It is not driven by a storyline, but rather a combination of presentational and representational stories," Dr. William Earl, director, said.



Brittany Feagans/*TRUMPET*

The "Viet Rock" cast finishes a musical number during their Thursday night show.

The "Viet Rock" cast and crew prepared for the show for nine weeks, which is the longest preparation time since Earl started at Wartburg.

"The students had to build trust with each other, because they are lifting one another over their heads and spinning them at one point," Earl said.

There were also some slow motion scenes and other colorful scenes that had to be perfected.

"It [was] time to put it in front of an audience, we can't grow any more," he said.

Written by Megan Terry, a major national figure in theater at the time, the script for this show came out of theater games and improvisational performances in the 1960s.

The different parts of the show reflect how America was dealing with the Vietnamese.

"It shows how we were saving Vietnam from the Vietnamese," Earl said.

The students in the show researched the era and had to come up with their own costumes from materials and suggestions that Dr. Earl provided.

Each student played several different characters. They transitioned from soldiers to war protestors to Vietnamese citizens throughout the show.

A transitional drama opened the second act using a green parachute as a child's parachute, then used it as grass during battle. After one of the soldiers gets shot during a battle, the parachute was used as a hospital blanket.

The audience saw a mother reacting to finding out that her son is about to die and how the Army handled those situations.

To show how diverse the stories were, there was another part of the show where the performers acted as war protestors and went into the audience, and pointed at different people saying things like,

See EARL CHOSE **page 2**

News

Local Briefs

Res Life launches new RA campaign

The Residential Life office kicks off its new residential assistant (RA) campaign in December and will end Jan. 16, 2009.

"In past years, the search for RAs began in January not giving students a lot of time to consider the option," Jenny Johnson, assistant director of residential life, said.

Since a residential assistant is a highly visible campus role, the Residential Life Office wanted to extend the marketing for the position and allow students more time to think through the option.

"We are looking for people with leadership skills, good communication skills, planning and organizational skills and are able to build a community," Johnson said.

There will be a table in the Mensa a couple nights a week at the end of November where students can find out more information.

There will be a few informational nights in January with the RHDs and the RAs. The residential life also asks for recommendation from faculty and staff.

After the applications have been turned in there will be a group activity night with team building and group work. At a later date there will be individual interviews.

The slogan for this year's campaign is "Community. Leadership. Experience. Be the connection."

"If a student is interested and has questions they should contact me," Johnson said.

More information will be available online at www.wartburg.edu/reslife.

St. Elizabeth's Award winners named

Six members of the Wartburg community received the St. Elizabeth's Award for Service today at a special St. Elizabeth's chapel service.

Larry Trachte, Tammy Faux, Jim Ohmstede, Jean Buckingham, Nate Palmolea and Randon Ruggles were all recipients of the award. Seven others received honorable mentions at the St. Elizabeth's chapel service.

"I think for the most part the people engaging in service are humble about it. So, this is an opportunity to publicly recognize their contribution," service-learning coordinator Renee Sedlacek said.

Beginning next year, a Larry Trachte Service Award will also be given to one of the St. Elizabeth's Service Award nominees. Trachte is set to retire at the end of the academic year.

"We will recognize one member of the campus... for embodying the life and spirit of Larry Trachte's work on campus," Sedlacek said.

An eight-person committee, made up of students, faculty and staff, voted on the St. Elizabeth's Award nominees.

"One thing I think is very cool is that every single person who was nominated received a vote," Sedlacek said.

The St. Elizabeth Service Award was started to recognize individuals who embody a life commitment to service and giving back to the community.

Trumpet will not publish for two weeks

The Trumpet's next issue will be published Monday, Dec. 8 due to Thanksgiving Break. The Dec. 8 issue will be our last issue for the semester. We appreciate your readership.

Briefs written by Sarah Maxwell and Jackie Albrecht

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NOAH CAMPUS HEALTH CLINIC

a department of Waverly Health Center

Students told to follow their calling in life

MAC SLAVIN *SPORTS EDITOR*

Students were asked to question their life after Wartburg when Gregg Levoy came to campus Thursday and Friday, to help students discover their vocation.

"Don't just declare a major, follow a calling," he said.

Throughout his time at Wartburg .Levoy talked about the book he wrote called "Callings." In his book and through his discussions he focused on what students are doing after school to discover their calling.

"The idea is to inject into the conversation the little piece about passion," he said.

Passion was part of his speech focus on Friday, when students were able to break up into small groups and talk with Levoy face to face.

He gave an example of a job he didn't like. He was working as a reporter for the Cincinnati Enquirer when he noticed back pain developing while sitting at his desk.

He then went to a chiropractor who told him that his problem might be that he just didn't like where he was sitting.

"When I made the decision to quit the job, the back pain stopped," he said.

Levoy left his job as a reporter to become a freelance writer and began writing about vocation.

Amanda Gahler/*TRUMPET*

Gregg Levoy speaks to first-year students about finding their vocation in life Thursday in Neumann Auditorium.

"It was under the heading of following a call, and not a convenient one either," he said. "It was tough because I left behind a paycheck, parental approval and I even had a pension coming in two more years. It was a big left hand turn, but after 10 years of doing it, I couldn't ignore it anymore."

He says that quitting his job was what he needed to do, and his body physically thanked him for it. He also said he enjoys figuring out what makes people tick, and that's where vocation comes into play, especially with college students.

"Figure out what you want to do for nothing, and just do that," he said.

Contact Mac Slavin at Mac.Slavin@wartburg.edu

Earl chose musical due to recent election

FROM PAGE 1

"I hate you!" and "This war is worms!"

"There are parts of the show that have uncomfortable interaction with the audience," Earl said.

Performers also danced in the audience. Some of the members of the audience joined them.

Earl said the stories are representations of what happened during the Vietnam Era.

"You can't assume everything on the stage is accurate. Megan Terry lets it fly," Earl said.

The election played a part in why Earl chose this show.

"The intention when we chose this play was that the election would wage over war, but then economics came to the forefront," Earl said.

Contact Ellen Kurt at Ellen.Kurt@wartburg.edu

Toy donations to go to flood-affected families

ANDREW NOSTVICK *OP/ED EDITOR*

The Wartburg social work club has chosen to focus its philanthropic efforts on the flood recovery effort, coordinator Jordan Wildermuth said

"We are going to have a lot more people than ever before because the number of people getting assistance from the department of human services will be greater because of the flood," Wildermuth said.

The social work club is forming more partnerships in the community, which Wildermuth said is helping the club gather more funds and resources as a team.

"We have partnered with Waverly Citizens United because they showed interest in doing their own toy drive and both groups decided it would be a great thing to collaborate," he said.

Social work club is having more fundraisers this year, because there are 100 more families and 150 more children than last year, Wildermuth said.

Donations chairperson Amy Stensland said she enjoys giving back to her community.

"We suffered some real loss during this past summer, and if I can help give back to those that have lost, then I feel that I am truly a part of this wonderful community," Stensland said.

According to the club's Web site, Holiday Shoppe raises funds during Christmas for families on public assistance in Bremer County.

The club starts raising funds, collecting donations, recruiting volunteers and generating publicity in the fall.

Then in December, families get to shop for presents. Money donations are accepted for the Holiday Shoppe to spend on new toys and toiletry items.

"What I enjoy most is seeing parents be able to give their children presents and empowering those parents to know that they provided for their children even at a time where it seems as though there is no hope," Wildermuth said.

He also said the Shoppe has been extremely helpful.

"It gives these families a chance that they might not have otherwise to give their kids a good Christmas that we all take for granted," Wildermuth said.

Stensland said this year may be more important than past years because of the devastating losses that people have suffered.

"Our numbers have grown and, because of the economy, it is difficult to ask for donations.

"We are very grateful for the donations that we have received and will receive but much more is needed," Stensland said.

This year's Holiday Shoppe will take place on Dec. 8 and 9.

Donations can be sent to the social work department.

All toys can be dropped off Dec. 7 from Noon to 7 p.m. at Redeemer Lutheran Church.

Contact Andrew Nostvick at Andrew.Nostvick@wartburg.edu

OP/ED

Dean praises First in the Nation project after historic election

To the editor:

Little did we know when Wartburg College and Franklin Pierce University designed the First in the Nation project that this would be a historic presidential election. The project was designed to inform the Wartburg community about the candidates and the critical issues facing the United States.

We also hoped that the First in the Nation project would encourage students, faculty, and staff to exercise their role as citizens of the United States by participating in the caucuses, the campaigns, and the election.

We met candidates, including President-elect Obama and Vice President-elect Biden, we heard discussions about health care, the war, the economy and we engaged in the caucuses in record numbers. Indeed we turned out in record numbers to vote and to celebrate the election of the first African American president.

Thank you to Dr. Penni Pier and Dr. Fred Waldstein, faculty members who advised the First in the Nation project, traveled with students to New Hampshire, Colorado and Minneapolis, arranged candidate visits to campus (along with the secret service) and provided the First in the Nation Scholars, as well as the Wartburg community, a front row seat to this election.

Thank you to members of the Franklin I. and Irene List Saemann Foundation of Morrison, Ill. for the financial support to make the First in the Nation project possible.

We did not know in 2007 that the First in the Nation project participants would see the election of a first in the nation president.

Thank you to everyone who participated in the project. May you continue to exercise your role as a citizen of the United States by being active and informed participants in the political process.

Then we will know that the First in the Nation project was truly a success.

Ferol S. Menzel
Vice President for Academic Affairs
Dean of the Faculty

THE WARTBURG COLLEGE Circuit
Share your opinion at Wartburgcircuit.org

TRUMPET

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Opinions expressed in the Trumpet are those of the editorial board and are not necessarily representative of the opinions of the administration, faculty or staff at Wartburg College.

Letters to the editor are subject to editing without changing the meaning of the letter. Authors will not be notified of changes prior to publishing. Letters must be signed, fewer than 250 words, submitted by 9 p.m. Thursday and related to current issues in the Wartburg community. Letters may be sent to the communication arts office or e-mailed to trumpet@wartburg.edu. Please type "Letter to the Editor" as the subject line. Publication is at the discretion of the editor.

Editorial
This is no time to be LOL-ing

Text messaging and instant messaging are more popular now than 10 years ago.

However, with these shorthand forms like LOL (laugh out loud), BRB (be right back) and others, we're concerned that young people's writing and interpersonal skills are going down the drain.

According to a report by the Pew Internet and American Life Project and the National Commission on Writing released this year, 50 percent of teens say they use some informal writing styles in their papers.

The study also reported that almost 40 percent of teens have used text shortcuts in their schoolwork.

There is some good news in this study. Eighty-six percent of teens believe good writing is important to success in life. Sixty percent of teens don't consider electronic texts as writing.

Certainly, both sending text messages and instant messaging are quick and effective ways to communicate with peers.

Online instant messaging is great to talk to an old friend, who lives across the country.

Also, text messaging is helpful for a quick question and answer. It saves the time and money for calling.

However, since we're college-aged students bordering on entering the working world, we need to make sure not to get things mixed up.

We have a few tips for when you enter the working world.

When you're writing memos, you don't want to write one like a message to your BFF (Best Friend Forever).

Also, don't add those smiley faces to the reports.

It looks bad and unprofessional. The last thing you need to do is leave that kind of a bad impression on your boss, unless you like hunting for jobs.

In short, keep your work formal.

From the Other Side of the Desk

Don't put off reading this

CYNTHIA BANE
ASSOCIATE PROFESSOR OF PSYCHOLOGY

I have a vivid memory from my undergraduate days of spending a long night scrambling to finish a paper that was due the next day.

It was 4 a.m. I muttered spiteful things under my breath about my roommate, who had been sleeping for hours. I vowed never to procrastinate again.

I had the best of intentions about the next paper assignment. As I sat down to start, however, I became aware of the amount of wearying work in store for me.

Overwhelmed, I put the task aside. When I considered getting back to it, I recalled how unpleasant the experience had been the last time and decided to wait until I felt more motivated.

The result was another sleepless night of last-minute work. I vowed never to procrastinate again.

The pattern continued throughout college and graduate school years, but now I rarely procrastinate.

It's not because my work now is easier than it was back then. The amazing thing I've discovered is that I can work on something even when I don't feel like it.

I can make progress on a task while simultaneously feeling frustrated by it. When I stick with a task long enough, the initial negative feelings eventually fade away and I start to enjoy what I'm doing.

This attitude of perseverance isn't a foreign concept to most people.

Musicians know they can't give up when they encounter a frustrating musical passage. Athletes talk about using "mental toughness" to get through a demanding practice.

Many people claim that they "work better under pressure." They don't mean that waiting until the last minute makes the work easier.

What they mean is when they don't have much time left, they have no choice but to continue working while experiencing the discomfort that accompanies hard work.

As I've finally figured out, this kind of persistence can occur at times other than the night before a deadline. It's a lesson I wish I learned earlier. I could have used the sleep.

Contact Cynthia Bane at
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Ode to a Thanksgiving break

JACKIE ALBRECHT and ELLEN KURT
NEWS AND ASSISTANT NEWS EDITORS

Less than a week, until our Thanksgiving Break,

Can't wait to have food the Mensa will not make.

As we pack our bags and travel on home

To Cedar Rapids and Dyersville, we'll pass the Dome.

Finally, we'll have time to relax and de-stress,

And figure our plan of attack for the finals week mess.

Here's a list of our top ten things we want to do,

We hope you enjoy and consider them too.

10. Reality Check: Dude, it's almost Thanksgiving Break, meaning it's almost the end of November. Start preparing for the term papers, projects and finals.

9. Christmas-ification: Once Turkey Day is over, break out the Christmas carols and mistletoe. It's never too early to spread Christmas cheer.

8.Relax/Re-energize: Have a chill day where you don't do anything. Life as a college student can wear a person out. So take the time to sit back, relax and bask in the mythical sun.

7. Catch up: There's a world outside of Wartburg? Take time to learn about other events and catch up with old friends.

6. Shop: Start thinking about gifts to give this holiday season. There will be less than 10 days until Christmas when we go home for Christmas break. If you're a diehard, you might even want to experience the bargains of Black Friday.

5. Laundry: Enjoy the luxury of mom doing your laundry and not having to pay $1 per load. Plus, you won't have to worry about somebody taking your clothes out when they're still wet.

4. Eat: Turkey. Stuffing. Pumpkin pie. Cheesy potatoes. Pecan pie. Cranberry sauce. Mashed potatoes. Gravy. The options are endless.

3. Sleep: Take advantage of all that tryptophan you consume by eating turkey and take a Thanksgiving Day afternoon nap. Throughout the rest of Thanksgiving Break, try and lower the sleep deficit 99.9 percent of Wartburg students have built up throughout the first semester.

2. Spend time with family: Whether it's with Nana while she's making the turkey, with gramps while he's snoozing or your brother as he's shouting at the football game. It's all quality family time.

1. Be thankful: It's cliché, but true. There are a lot of people in our lives who help us out and deserve some appreciation. Value the time you get to spend with family and friends. Spread the love.

0. Do anything and everything not related to school: We spend countless minutes, hours, days and months here. Take a break; it'll be here when we get back.

(Editor's Note: We realize this list contains 11 things. However, we believe zero is under-appreciated and deserves recognition.)

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NEWS

Human mortality, other works on display in campus art gallery

ANDREW NOSTVICK *OP/ED EDITOR*

A new art exhibit on human mortality, by former Cornell College professor Janet Lauroesch, made it's debut at the Waldemar A. Schmidt Art Gallery on Friday.

Lauroesch said the exhibit is really a contemplation of mortality.

"It's a search for your meaning in your life and what might transcend your life," she said.

Some of the items Lauroesch has worked on for eight years include drawings, photographs, artist books and objects.

Lauroesch said the exhibit contains a multicultural view of being and non-being.

"There is a little bit of symbolism from Christianity, but it's merged with other cultures. Some of the photographs were taken in Hawaii and Australia where there's many other cultures that we don't necessarily experience here in Iowa," she said.

Lauroesch taught at Cornell for eight years. Now she teaches workshops at the University of Iowa.

She also teaches a drawing workshop for medical students as a part of the Writer's Workshop.

During her time at Cornell, Lauroesch utilized the human cadaver lab and developed a class on human anatomy.

"I really love that blend of science and art," Lauroesch said. "I taught myself new technology over time, which is a way to keep engaged."

After receiving a Cornell College faculty development grant in 2005, Lauroesch started an interdisciplinary course.

"We began by viewing medical illustrations from the Italian Renaissance and moved swiftly towards the contemporary fine art realm," Lauroesch said. "The focus shifted from the physical facts of the body, to the body as a metaphor for society and the human condition."

Students drew live figures, skeletal structures, microscopic specimens, individual organs and cadavers. She said the class appealed to art and biology majors alike.

"I think artists have always been curious. They look hard at a lot of things," she said. " I think that anatomy is a way of merging art and science and the subject of ourselves."

The exhibit will remain on display until Dec. 17. Visiting hours are daily from 9 a.m. until 7 p.m.

"This particular show expresses some ideas that are very universal," Lauroesch said.

"I like the idea of expressing something that has meaning for everyone."

Contact Andrew Nostvick at Andrew.Nostvick@wartburg.edu

Brittany Feagans/*TRUMPET*

Alise Duffy, Ashley Bowden and Amy Manske participate in a fashion show held at Trinkets and Togs Wednesday. This was the eighth-annual fashion show, which showed students and community members the store provides clothes they might be interested in.

High school students develop leadership skills through summer college program

The High School Leadership Institute is now accepting applications for the 2009 summer program. The Institute is looking for students who have completed their junior year of high school. Applications are due by March 2009 and are available through the H.S.L.I Web site at www.wartburg.edu/youthleader.

The H.S.L.I. is a weeklong summer program at Wartburg College campus in Waverly, Iowa. During the week, students study and learn about leadership skills and participate in team-building activities. Participants travel to Chicago and work with members in the Cabrini Green housing project, helping to rehabilitate low-income housing.

Students also develop a community service project to be implemented in their hometown communities. These projects are to be completed during their senior year of high school.

Examples of past projects have included "Daddy's Little Girl," a monthly get-together for fathers and their daughters, a senior citizen prom, and a community shelter house dedicated to victims of the 2008 floods.While at the institute, high school students are paired up with a trained college student mentor. The mentor guides his or her student as the student completes their community service project and helps them put together a portfolio to submit to the Institute for Leadership Education.

> *"The college student mentors were great because they believed in each of us."*
>
> *-Becca Smith*

Becca Smith, a 2005 participant said, "The college student mentors were great because they believed in each of us. They showed us that it was possible to achieve goals that others in our lives might have told us were not possible."

Students who complete a successful service project and portfolio receive 3.5 semester hours of transferable college credit for LS 115: Elements of Leadership. They are also eligible for a $1,000 renewable scholarship to Wartburg College.

"The H.S.L.I. is a great opportunity for someone of any age, college or high school, to learn more about their leadership skills and how to use those skills in real world situations," said Bethany Ann Duncan, a student mentor and 2006 Wartburg College graduate.

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Wartburg will host first health and wellness fair

EMILY SCHMITT *KNIGHTLIFE EDITOR*

The college's first health and wellness fair will help students learn how to live healthy lifestyles.

The fair will be from 10 a.m. to 1 p.m. Thursday, Dec. 4 in the Hall of Champions in "The W."

"I think right now there's just a big push. Wellness is a hot topic," Dawn Wiegmann, director of wellness and health promotion, said. "With the college's mission, it is a good time to start promoting healthy solutions."

Local businesses participating in the fair will include Northern Iowa Therapy, Runner's Flat, Waverly Health Clinic, Crawdaddy Outdoors, Waverly Chiropractic and Allen Women's Health.

Wiegmann said she is also hoping campus groups and departments that are involved with health, wellness and recreation will participate.

Groups that are interested in having a table should contact Wiegmann at 319-352-8437.

"Every one of these places is giving out some free things," Wiegmann said. "We're giving away gift certificates, coupons, shirts and mugs. I'm also hoping to have a couple bigger items, maybe a camera or an iPod."

"Please come by, walk through the tables. Even if you're not interested at all, you may find things that will come in handy some day," she said.

Students will be able to see the resources that are available to them on campus and in the community.

The exhibitors will provide information, as well as activities and free samples, for students.

The groups and businesses at the fair are resources students may need to use sometime during their years at Wartburg. Students may not even be aware some of the exhibitors exist in Waverly.

"If they're not from around here, they may need to see and dentist or a chiropractor at some time and these things might come in handy. Hopefully the fair will help keep our student body healthy," Wiegmann said.

The college hosted its first Community Health and Wellness Fair during Tour Week last April, when students were on break. This fair was catered to the interests of community members.

Wiegmann said the community was a success and will now be an annual event. She said she hopes the student fair will also be a success and will be able to be held for students in the fall each year.

"This can get bigger and better every year, but I'm really limited if the students don't come," she said.

Wiegmann said students should take advantage of the opportunity to gain health, wellness and recreational information at the fair.

"Studies show that proactive health is the healthier solution," Wiegmann said.

Contact Emily Schmitt at Emily.Schmitt@wartburg.edu

Hand bell choir shares unique sounds with audience

ELLEN KURT *ASSISTANT NEWS EDITOR*

Walking through the lobby of the Fine Arts Center on any Tuesday, you will hear a unique and soothing sound drifting out of the band hall. It is the sound of Wartburg's hand bell choir.

"There are eight new members this year with four having never played hand bells before, so having a concert ready by November is challenging," director Patricia Reuter Riddle said.

Drew Flesch is one student who joined hand bell choir to try something new.

"I heard the choir practicing one night, and I had never heard a hand bell choir before. Pat said she was looking for more people, so I went to the next week's practice and I've been with the choir ever since," Flesch said.

Wartburg owns enough hand bells for 12 students. Each person plays specific notes, and there may be more than one bell for each pitch.

There are also a lot of techniques and different ways to play the bells, which can make playing challenging.

Attendance for each rehearsal is mandatory. If one player is missing, the choir could be missing up to six bells.

"We're not like other bands or choirs where if one person is missing, someone else will cover for them. There has to be 100 percent attendance," Riddle said.

Riddle also said hand bell choirs are fairly new to private colleges and that hand bell experience can be useful in a student's future.

"There are not enough hand bell directors out there. Churches are always looking for them," Riddle said.

AMANDA GAHLER/*TRUMPET*

Hand bell choir members Mandi Jones, Megan Lien, Katie Lane, Marjie Halverson and Molly Erikson rehearse for last Sunday's concert.

Some of the members direct choirs in their home church. Many of the students who are directing have been playing hand bells since they were young.

"I started playing hand bells in the fourth grade at church, so it was really exciting that I was able to continue playing at Wartburg," Kelly Goerdt said.

Goerdt also said the hand bell choir rehearsals are a little different than rehearsals of the larger groups on campus.

"Our rehearsals are pretty relaxed compared to the bigger groups on campus, but we get our music learned. Our group has improved so much since our first practice in September," Goerdt said.

Riddle agreed that the group is different than the other groups on campus.

"We are not as visible as the choir or the band. Many students don't even know what a hand bell is," she said.

Riddle was in high school and had never seen a bell when her minister approached her to ask if she would be interested in starting a hand bell choir in their church. She agreed and it became one of the first hand bell choirs in the Waterloo area.

"There was little music available for hand bells, so I wrote my own at first," she said.

In the late '70s and early '80s, there was an explosion of interest in hand bells.

Composers wanted to write music for this instrument, causing the rapid growth of hand bell music publishing houses, Riddle said.

"Hand bells have gone from churches to grade schools and high schools to colleges. They are also used in music therapy today," she said.

Many different types of music can be played on hand bells. The hand bell choir played African hymns, original hand bell compositions and Christmas music at their concert last Sunday.

"The Christmas pieces are always the students' favorites, and they are my favorite as well. Christmas and hand bells go together," Riddle said.

The students said their favorite part about hand bell choir is the people they get to spend time with at rehearsal.

"I love the people. I've met so many new people this year through bell choir, and I'm always in a good mood when I'm at rehearsals," Goerdt said.

Flesch also said he likes the people.

"Everyone really enjoys being part of the choir, and we have a great time each rehearsal," Flesch said.

Riddle said it is a fun and lively group of students, and every year it is interesting to see how the group changes.

"Hand bells are addictive, and I love directing, but the students make it fun. They have really become a cohesive group this year," Riddle said.

Contact Ellen Kurt at Ellen.Kurt@wartburg.edu

Noah Health Clinic: Convenient healthcare for students

EMILY SCHMITT *KNIGHTLIFE EDITOR*

The three women who spend their days working in the Noah Health Clinic make sure their patients leave with a smile.

The first smiling face you see when you enter the small, comfortable waiting area is that of Susan LaRue, the clinic's receptionist.

She sits behind the counter, ready to help students get the attention they need.

"I do a lot of the registration and I'll handle any paperwork, insurance and prescriptions," LaRue said.

Megan McMillan, a certified physician assistant, and registered nurse Teresa Gilley said their goal is to help their patients however they can and have them leave the clinic with a smile.

"We realize they're not usually feeling well when they're here," LaRue said.

The clinic is located in the bottom level of "The W" next to the athletic training room. Unlike Wartburg's old health center, the new clinic is able to offer almost any service without requiring students to leave campus.

"It's like taking a physician office and setting it on campus," McMillan said. "But we're only here to see students, faculty and staff. We don't see anyone from the outside public. We're specifically for campus."

McMillan said Wartburg's old health clinic had nurses who saw students and would refer them to the Waverly Health Center if necessary. The new clinic still has a nurse who sees students, but they can be seen by McMillan in the same visit if they need to be.

Gilley said the clinic is able to meet students' needs without them leaving campus.

"We're cutting out the middle man," she said.

McMillan is able to give prescriptions and students may have their prescriptions delivered to the clinic so they do not have to leave campus to pick it up.

The three women agreed it is different than the old clinic, because it is self-sufficient, a change that some students were wary of when the new clinic opened last year.

"We've seen a lot more upperclassmen this year than last year, McMillan said. "I think it was a hard transition for those who were used to the old health center."

McMillan said the clinic normally stays busy with visits from 10 to 20 students each day.

Another advantage to a clinic tailored to students' needs is the hours it is open. While it has regular office hours four days of the week, it is open later on Thursdays.

Gilley said the clinic is more flexible than other clinics, making it easier for students to schedule appointments at a time that works for them.

Because the clinic is just like any other, there will be a charge for most visits.

LaRue said students must present their insurance card when they check in with her. The student will be responsible for all costs not covered by their insurance provider.

While there is often a cost involved, LaRue said students should not be afraid to visit the clinic because of a potential cost.

"If students have questions but they don't feel like they need to be seen, that is free," LaRue said.

"If they're talking to the nurse, getting her advice would be free," McMillan said.

McMillan, Gilley and LaRue said they enjoy working at the clinic because they are able to help college students.

"We're here for students on campus, we're convenient for them," McMillan said.

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New faces, same goals for men in upcoming basketball season

LUKE ULLESTAD *ASSISTANT SPORTS EDITOR*

The Wartburg men's basketball team opens the season by hosting the Buzz Levick Tournament on Friday, Nov. 21 and Saturday, Nov. 22. The Knights face Rockford College on Friday at 8 p.m.

"Our expectations are to win our host tournament. A big reason why we want to win the opening round tournament is that we are not at home again until after the new year, so plenty of road games," head coach Dick Peth said.

The Knights wrap up their fall preseason on a good note as they now prepare for the 2008-09 season.

"I think our fall preseason went very, very well. We are extremely excited where our guys are shape wise. I think they have worked harder collectively than the past couple of years. I really have to credit our speed, strength, and conditioning coaches for that, along with our upper classmen have been good leaders in our workouts," Peth said.

It is unfortunate that John Schutte will not be with the squad this year because he was an impact player for the Knights last season; averaging 8.4 points per game, 2.3 assists per game, 1.3 steals per game (lead the team), and was an intense and hard worker.

"It was a surprise to us and really difficult on John. We saw him up in the window watching practice the other night, so I'm sure it bothers John quite considerably. He had a tremendous work ethic in practice on a daily basis and just brought the level of intensity up and certainly had a great finish to the season last year," Peth said.

Cashes Mason

The two senior Knights that will lead the way this season are Cashes Mason, who was second on the team in scoring last season with 11.3 and first in assists with 3.6 per game and Danny Stark, who led the team in field goal percentage with .588 and second in rebounds with 4.1 per game.

"Cashes was a second-team all-conference pick and has picked up right where he left off last year. He has really dominated in the two scrimmages that we have played. It was against quality competition. That's great to see, he has been a great leader. Danny Stark, our other senior, who's a 3-year letter winner is really doing a great job in practice everyday," Peth said.

Mitch Eslick and Jarrett Williams are two key players who were injured most of the season last year. Eslick will not be ready to go at the beginning of the season, but may be able to make a comeback during mid-season sometime. Coach Peth talked about how much of an impact Eslick and Williams were last season for the Knights' offensively.

"The two guys that got hurt last year, Mitch Eslick, who got hurt in early January was not only our leading scorer, but the leading scorer in our conference, so when you lose somebody like that, along with Jarrett Williams who was averaging 16.5 points a game in the conference. Losing him in December took about 35 to 36 points out of our line-up," Peth said.

The Knights finished the 2007-08 season 9-16 overall and 6-10 in the IIAC. The team is striving to regain its competitive edge with the returning players, and the new recruits look to spark the Knights this season.

Coach Peth is excited about his new recruits and transfers for the upcoming season.

"Jordan Sathoff is doing a great job. Jordan is an outstanding athlete, multi all-state player, and academic all-state. Jordan is a 6'7" forward who high jumped 6'10"1/2 at the state meet last year, so he is a very, very good athlete. Darian Patterson out of Mid-Prairie is really having a great fall season as well; he's a wing player," Peth said.

"Elijah Hunt is one of our freshmen, from Bolingbrook, Ill. Elijah is very exciting, extremely athletic and the fans are really going to enjoy him. Josh Molstead transferred in out of UNI, he was there as a preferred walk-on the last couple years," Peth said.

If Wartburg wants to win more games and compete with teams like Buena Vista and Loras for the top position in the IIAC, they have some improvements that need to be made.

"First and foremost, if we can get those guys healthy that was injured a year ago. Secondly, we really want to improve on the defensive end as well as rebounding. I don't think with the depth that we have that scoring is going to be an issue for us," Peth said.

Overall, the Knights have a very positive outlook on the upcoming season.

"We are very optimistic, assuming we can avoid the intangibles of the injuries and anything else that can happen. I think this team is very, very good on the perimeter, probably as good if not better than we have ever been on the perimeter. We have a little bit of inexperience inside, but with the quality of our guys that doesn't worry us whatsoever," Peth said.

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Knights look to build off fall ball and 2008's success

LUKE ULLESTAD
ASSISTANT SPORTS EDITOR

The Knights baseball team finished up their fall scrimmages on Sunday and head coach Joel Holst has a good feeling about the upcoming season.

Thirteen seniors are returning in the spring, the largest group of seniors ever on a Knights baseball roster. Holst commented about his team's performance and really emphasized the importance of the seniors returning for the 2009 season.

"We have 34 guys working it out this fall and 13 seniors, the largest senior class we've ever had in our baseball program. We got all our precision guys returning from last year and some very good pitchers too. We've had a beautiful fall related weather and got the things done that we needed to get done this fall," head coach Joel Holst said.

Holst commented on how the fall season works. "In the fall, we split the squad into two teams and they battle for about five weeks and they finished that up today," Holst said.

Holst is looking forward to his returning players from last season.

"We have a number of guys; with 13 seniors, there are quite a few guys we are going to lean on. Billy Schmitt is one of our best pitchers returning from last year. He was a first team all-conference pitcher and is obviously going to lead our pitching crew.

A.J. Lewis is a returning three-year catcher for us and was an all-conference catcher. Mike Johnson is a returning captain from last year, a third-baseman who is going to be relied upon for a lot of different things. Our first-baseman is a senior, Isaiah Stevens, that did not commit an error last year at first base, so we're excited about him. Our middle infield, Zach Nagle and Danny Rose, showed last year that they were a very confident middle infield and will be returning there.

"Kyle Jones is one of our outfielders, an all-conference player for us last year as a junior. We have five or six guys in the outfield that really have experience; Jerrold Martijn is actually the returning MVP for the conference and is also one of our better pitchers, so he is going to be very important for what we are doing.

"Jake Kuennen is a senior pitcher who is returning for us too and we're hoping he can give us a lot of positive innings; he was 2-0 for us last year," Holst said.

After finishing the season at 27-15 overall and 17-3 in IIAC play in 2008, the Knights look to earn their 13th consecutive IIAC championship title in 2009. However, their season came to end after falling to Linfield in Moline, Ill; 7-5.

Luke Shanno/*TRUMPET*

The key for the Knights will be their experience, including 13 seniors.

"The guys last year had gotten back to the national playoffs. That's been most of the fuel we've had through the fall and will continue to be. I think the guys realize that having the largest senior class we've ever had that it's an opportunity for them to do something special," Holst said. "We're hoping that we can have a good off-season and have everybody in place here when we get started with practices in February, but we've had a good fall," Holst said.

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Sports Brief

After being crowned the 2008 Iowa Conference champions, Wartburg opens the NCAA Div. III playoffs Saturday, Nov. 22, against UW-Stevens Point at Community Stadium.

The seventh-seeded Knights and the fourth-seeded Pointers, are set to kick off at 12 p.m.

UW-Stevens Point earned its first playoff berth since 2001 and claimed its 14th Wisconsin Intercollegiate Athletic Conference title.

The Pointers take a 9-1 record into the contest.

The winner of the first round game will face the winner of Monmouth (Ill.) and Aurora.

SPORTS

Women open season with tough loss

PAM RODGERS *STAFF WRITER*

The women's basketball team dropped its opener 87-82 against the Briar Cliff University Chargers at home Saturday.

The Knights struck first at the hoop as Sharese Van Sloten earned the first two points on free throws. The Knights held the lead for the first seven minutes, then Briar Cliff tied the game at 14 on a free throw by Kelsy Armstrong.

The lead flip-flopped twice more before the end of the first half. Abbey Hempen hit a 3-pointer at the buzzer to give the Knights a 43-40 lead at halftime.

The Knights held onto their lead for the first 10 minutes of the second half, but the Chargers fought back to tie the game at 64.

The Chargers went ahead following a Megan Salcedo jump shot and Briar Cliff never looked back. Wartburg kept the game close, never behind by more than eight points.

"The outcome of the game is not how we would have preferred to start out our season, but I feel that we gained a lot of valuable experience from the game," Van Sloten said.

Luke Shanno/*TRUMPET*
Leslie Wilson dribbles past a Briar Cliff defender at the top of the key.

The Knights' dominated on the boards as they out rebounded Briar Cliff 46-28, but they were not able to hold off the Charger's Liz Grider 26-point performance.

Van Sloten was the Knights leader with a double-double by scoring 18 points and 12 rebounds. Katie Zittergruen tallied 15 points for the Knights.

"I'm glad I was able to help out the team by putting a few points on the scoreboard. Personally, I would have rather scored zero and won the game then be the top scorer and have this loss," Van Sloten said. "Katie played a great home opener. She had key baskets and rebounds for the Knights and it was awesome to see her step up yesterday."

Hempen and teammate Samantha Harrington were close behind with 13 and 12 points respectively. Stephanie Reiter helped on the boards with seven and Harrington brought down six.

The loss set Wartburg's record at 0-1. Up next, the Knights host their Heartland Inn Tip-Off Tournament on Saturday. The first game is set to begin at 4 p.m.

"As a team, we are going to learn from both the positives and negatives of this game and build from there. I can promise you that come Monday we will be in the gym working hard to get a couple of wins in our home tournament next weekend," Van Sloten said.

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Wernimont leads charge

LUKE ULLESTAD
ASSISTANT SPORTS EDITOR

No. 1-ranked Aaron Wernimont led the way with a first place finish over Brian Oechener of Lindenwood University in St. Charles, Missouri at 157 lbs, as the Knights wrestling team competed in the Harold Nichols/Cyclone Open on Saturday in Ames.

"I think we are getting better. Aaron Wernimont had a great tournament," head coach Jim Miller said.

Wartburg earned their sixth Div. III national title a year ago. The Knights began last season with four wrestlers advancing to the championship match in the Harold Nichols/Cyclone Open, with all four of them earning a second place finish. Wernimont redeemed himself Saturday placing first in his weight class.

"When our young guys see one of our guys win a big tournament like that, it really helps everybody. There is some leadership by him just on how he performs," Miller said.

Michael Bucklin ended up in fifth place in the heavyweight class, defeating Matt Gibson of Simpson. Bucklin had a challenge early by facing No. 2 in the country, David Zabriskie, from Iowa State. Zabriskie came away with a 6-2 decision. Following that battle, Bucklin had to win five more matches to place fifth.

At 149 lbs., Jacob Naig posted a sixth-place finish by falling to fifth-placed, Esai Dominguez from the University of Nebraska-Omaha.

Many Div. I and II teams competed on Saturday and the Knights fared well against the high level of competition.

"It is good and it is an eye-opening deal, we don't get too worried about what level they are at, it's Wartburg. It's good for us, no doubt about it," Miller said.

The Knights travel to three different locations Saturday; Cedar Rapids for the Coe-Turkey Open, the Augsburg Brute-Adidas Auggie Open in Minneapolis and the Concordia Open in Mequon, Wis. Each tournament begins at 9 a.m.

"We are going to take two-thirds of the kids to the tournament at Concordia in Wisconsin and the other third to the Augsburg tournament in Minneapolis. We are going to split it up and we want to have kids for both places. We kind of like to separate some of the kids in our weight classes so they are not wrestling each other," Miller said.

Last year the Knights lost Jake Helvey, T.J. Miller and Brian Borchers to graduation.

However, the Knights have many key returners like Romeo Djoumessi, Matt Kelly, Jacob Naig and Aaron Wernimont.

Other new faces are expected to contribute to the Knights' success this season along with those stepping up to the varsity level.

"I am happy with our progress and that is the plan early on, I think we are getting better and we hope to continue to progress as we go through the season," Miller said.

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From the Bullpen: Athletes mix politics with sports on pro stage

AL STRAIN *STAFF WRITER*

November 4 marked a historic day for the United States, as Barack Obama was elected the next President of the United States. Two days later, the Cleveland Browns and the Denver Broncos met on Thursday Night Football.

Plenty of storylines took place in this game; it was Brady Quinn's first start at quarterback for the Browns, Jay Cutler led the Broncos in their fourth-quarter comeback. It was cemented by a Cutler touchdown pass to Brandon Marshall with just over a minute left.

After scoring the touchdown, Marshall reached into his waist and pulled out a glove to celebrate, which would possibly have incurred a 15-yard celebration penalty. Brandon Stokley halted Marshall's celebration.

Marshall explained that the glove he pulled was painted half black and the other half white. His meaning for it was a tribute to how far America has come in its struggle for equality between races.

Marshall received his inspiration from the protest of USA sprinters' Tommie Smith and John Carlos at the 1968 Olympics in Mexico City. Smith and Carlos raised a gloved fist in support of America's struggle for equality. Forty years later Marshall wanted to pay them, as well as Obama homage.

I'm all for the freedom of gesture and it's a nice change of pace to see athlete's celebration have a significant meaning behind them. However, Marshall's tribute did not take place at the right time.

Marshall's team needed every bit of field position it could when trying to back up the Brown's offense in that final minute, especially with Brown's return specialist Josh Cribbs ready to receive the kick-off. This venue was also not the right time for Marshall's tribute.

Marshall compared himself to Tommie Smith and John Carlos, which in my opinion is a ridiculous comparison. Smith and Carlos lived in a time in which their protests banned them from the Olympics for life.

Smith and Carlos received death threats and were living at a point in history where race relations were not as civil as they are today.

Smith and Carlos had a lot more to lose by raising their fist. They risked their lives and careers to make a statement. Marshall on the other hand was risking a fine.

Marshall's heart was in the right place, for Obama's election as president is certainly a monumental accomplishment and a testament to how far America has come from the time of Smith and Carlos.

Forty years ago, it was a dream to have a black man sitting in the seat of commander in chief of the United States of America.

Marshall is a talented receiver who wanted to use his ability to convey his feelings about the direction our nation is headed. But at that time, on that night, the glove should have stayed hidden.

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Mac "McLovin" Slavin
Trumpet Sports

Standings

1. "The Judge" 31-5 (3-0)
2. "No-No" 27-9 (3-0)
T-2. "McLovin" 27-9 (3-0)
4. "Rowdy" 21-15 (3-0)

TRUMPET SPORTS

Knights drop close game to the Chargers

Knights drop season opener against Briar Cliff at Levick Arena

7

Upcoming Schedule

Friday - Men's Basketball @ Home Tournament
Saturday - Wrestling @ Coe Turkey Open/Auggie Open/Concordia Open @ 9 a.m.
Cross Country @ National Div. III Meet @ 9 a.m.
Football @ UW-Steven's Point @ 12 p.m.
Men's Basketball @ Home Tournament
Women's Basketball @ Home Tournament
Sunday - Women's Basketball @ Home Tournament

Knights run to top finishes at regional meet

Luke Shanno/*TRUMPET*
Brian Chenoweth runs with the lead pack Saturday.

DREW SHRADEL *STAFF WRITER*

The Wartburg women's cross country team gained a berth for the NCAA Div. III National Cross Country Championship after a high finish from Anna Kraayenbrink in the women's race. Brian Chenoweth finished first for the men, and fourth overall in the men's race.

The women won their race, while the men's team missed out on an national berth by placing 16th.

Kraayenbrink led the Knights with a runner-up performance; she ran the course in a time of 22:02, 30 seconds behind the winner of the meet, Marie Borner of Bethel.

Amanda and Jennifer Kuiken finished 12th and 14th with times of 22:55 and 22:58.

Lori Tlach finished in 25th with a time of 23:22 and Emily VanOosbree finished in 39th place with a time of 23:46.

"We ran a good race, not our best, but it is always very fun to qualify for the national meet, and it was nice to win the region with such good competition running against us," head coach Steve Johnson said.

The No. 3 Knights won the meet over No. 17 Luther as the Knights scored 92 points while Luther followed closely behind with 95. Both teams automatically qualified for the national meet.

The men's team's season came to a close as they finished 16th and missed a bid to the national meet.

Although the team's season may be over Brian Chenoweth's career stayed alive as he finished fourth overall and qualified with a time of 25:39.

Nick Lee finished 79th with a time of 27:31 followed by Ben Porter who ran a 28:04 and finished in 97th place.

The men's team was rounded out by Joel Rasmussen and Tim McKenna.

Rasmussen finished with a time of 28:10 for 103rd place, and McKenna ran a 28:21 good for 107th place.

"They were a good, hardworking group and with a year or two of more maturity they will become a great group of runners," Johnson said.

The men finished with a total of 390 points.

Nebraska Wesleyan came out on top with the team title with 139 points, while St. John's finished runner-up with 148.

No. 19 St. Olaf finished in third with 148 points.

The women's team and Chenoweth will travel to Hanover, Ind. next weekend for the NCAA Div. III National Cross Country Championship.

Races are scheduled to start at 11 a.m.

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Luke Shanno/*TRUMPET*
Anna Kraayenbrink races to a fourth-place finish.

Knights season ends during first round of playoffs

MAC SLAVIN *SPORTS EDITOR*

The Wartburg men's soccer season came to a close after a 1-0 loss during the first round of the NCAA Div. III National Tournament to the University of Wisconsin – Platteville Tuesday.

"It's hard to lose, but knowing that our team made it that far and accomplishing goals that a lot of people didn't think we would be able to do. It's hard losing and definitely seeing the seniors on the last game is heartbreaking, but I'm still proud of the guys for how far we made it this season," Trent Michael said.

The Knights and Pioneers battled in a scoreless first half, but in the second half, the Pioneer's Ben Terpening turned a B.J. Gottschlich pass into a goal. The goal happened in the 67th minute of play.

"We started a little slow, but some of the younger guys really stepped it up when we needed them to," Michael said.

Geoff Miller, Ed Axcer Way and Nate Gottsacker helped the Knights, with three shots on goal. But Kris Bosshart was in the net, with three saves for the Pioneers. Michael was in the net for the Knights and brought home three saves for the Knights.

The Knights were out-shot 11-10 during the match.

The loss put the Knights' final record at 15-7 overall, which included a conference tournament championship. This year's run was the seventh year that they have had 10 or more wins in a season. It was also the fifth season in a row that they have had 15 or more wins.

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Luke Shanno/*TRUMPET*
Luke Prater dribbles the ball up the field for the Knights during their first-round game against Platteville Tuesday.